LEARN PLAY

NEXUS®

See It. Feel It. Trust It.

Plant it. Learn it. Live it.



Grow plants

Reduce waste

Support pollinators

Learn through play

Eco Schools Champion

ART NO
309660

eco edd

Plant it. Learn it. Live it.



What's in Your Box?

Included:



30 biodegradable paper cups



Sunflower or vegetable seeds



Potting compost



15 biodegradable spoons



30 biodegradable straws

You will need:



Watering cans



Pens

TOP TIP

BEFORE YOU PLANT THE CUP IN THE EARTH, PLEASE MAKE DRAINAGE HOLES IN THE CUP.

Activity

1 Start (5 mins)

- Drink from the cup with a straw (both included in your box) to show, they have multipurposes and can be reused.



2 Introduction (10 mins)

- Show pictures of sunflowers and ask:
- What do plants need to grow?
- Have you seen bees on flowers?



3 Potting Activity (20–25 mins)

- Give each child a "No More Lids" Cup.
- Fill with compost (about ¼ full).
- Fill the compost with the spoon (15 included)
- Plant 1–2 sunflower seeds (2 cm deep).
- Write name on the straw and stick it in the pot.
- Lightly water.





4 Observation & Recording (Ongoing)

- Weekly measurements (height in cm).
- Draw plant growth stages.
- Keep a simple "plant diary".



5 Discussion & Reflection (10 mins weekly)

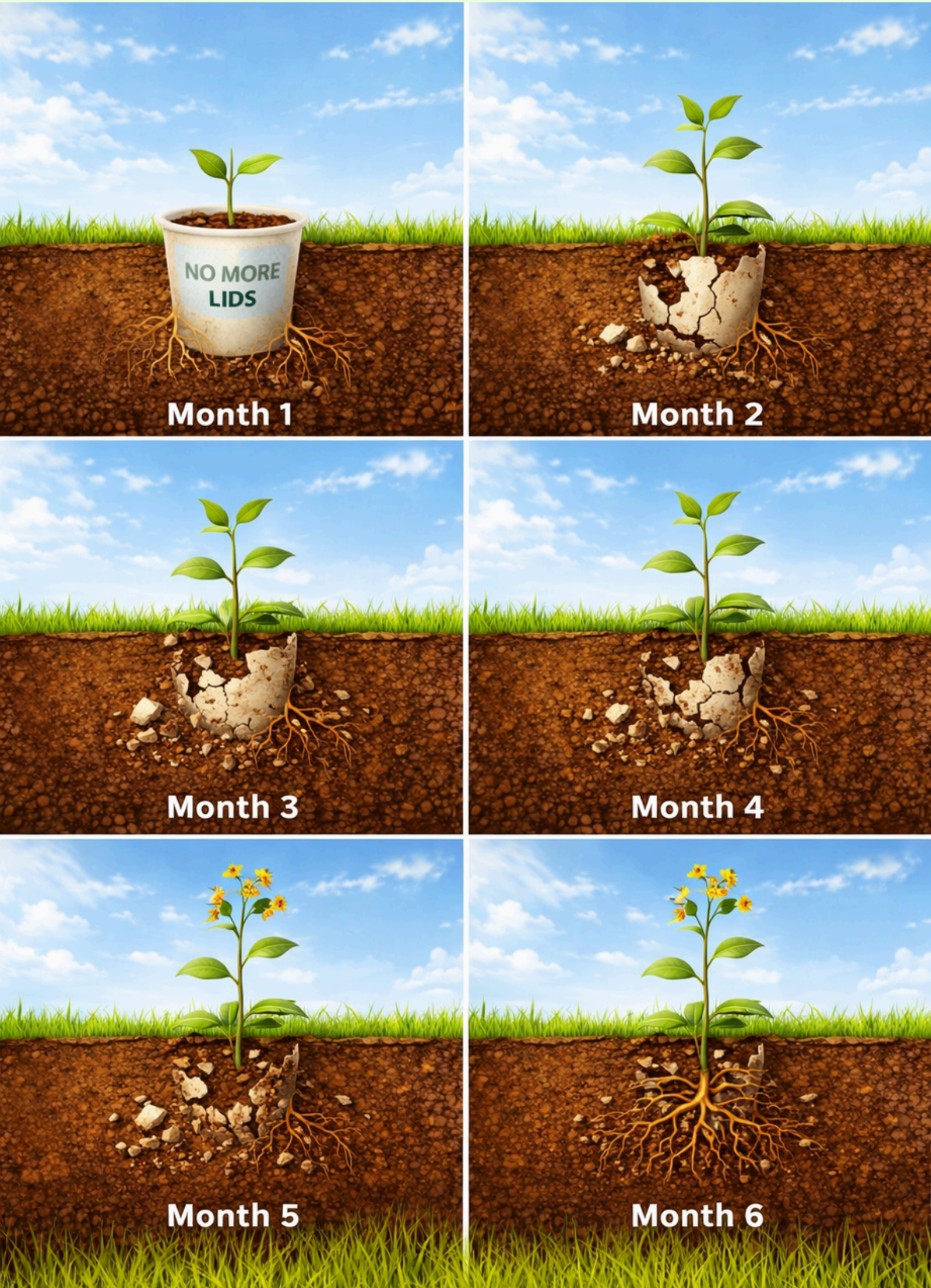
- What changes do you see?
- Why do some plants grow faster?
- Keep happens if a pot doesn't get water /light?

6 Pot the sunflowers in the school grounds or children can take them home



- Pot the sunflowers in the school grounds or children can take them home, leaving them in their pots to slowly watch them disintegrate.


What's Going On With My Cup Under The Ground?
No More Lids


NO MORE
LIDS
Month 1
Month 2
Month 3
Month 4
Month 5
Month 6

Plant It, Learn It, Live It with Eco Edd

Learning Objectives

Science (Key Stage 1 & 2)
- Identify and describe the basic structure of plants (roots, stem, leaves, flowers).
- Observe how plants grow over time.
- Understand what plants need to survive (light, water, nutrients).
- Recognise the role of pollinators (e.g. bees).

Working Scientifically
- Ask simple questions and recognise they can be answered in different ways.
- Observe closely using simple equipment.
- Record findings (drawings, charts, diaries).

Geography
- Understand seasonal changes and how they affect plant growth.

PSHE / Citizenship
- Develop responsibility through caring for living things.
- Understand environmental stewardship and sustainability.

Why Schools Should Take Part?
- Directly aligned with the **Curriculum**
- Hands-on science learning (high engagement)
- Cross Curricular
- Maths (measuring growth)
- English (writing plant diaries)
- Art (drawing plants)
- Builds responsibility and patience
- Encourages teamwork and curiosity

Environmental Awareness
- Aligned with the **Sustainability Climate Change Strategy.**
- Teaches sustainability and biodiversity early.
- Supports eco-school initiatives.

Resources (for 30 pupils)
- 30 paper cups (biodegradable included)
- Sunflower seeds (1–2 per child included)
- Potting compost (included)
- Watering cans or spray bottles
- Pens
- Rulers (for measuring growth)
- Tray or windowsill space

Using biodegradable "No More Lids Paper Cups" instead of plastic pots helps children understand **real-world environmental responsibility**:

Reduces plastic waste No single-use plastics going to landfill or oceans.

Breaks down naturally Cups decompose over time, returning to the earth.

Improves soil structure As cups break down, they add organic material to the soil.

Less root disturbance Whole cup can be planted directly into the ground, protecting roots.

Supports sustainability education Pupils see a full life cycle: grow → plant → decompose

Key Information and Questions to discuss with children

1. **Why Are Sunflowers Important for the Environment?**

- Provide **nectar and pollen** for insects.
- Help support **biodiversity.**
- Improve soil health.
- Seeds provide food for birds and wildlife

Sunflowers act as a **mini ecosystem hub** in gardens and school grounds.

Five Facts about Sunflowers https://www.youtube.com/watch?v=UNPxMaEecKU

2. **Why are bees important to the Eco System?**

- Bees pollinate about **one-third of the food we eat.**
- Essential for crops like fruits, vegetables, and nuts.
- Help plants reproduce.
- Support entire food chains.

3. **Without bees, many plants and animals that depend on them would decline.**

Learn About Bees - https://www.youtube.com/watch?v=9WAvsrjrSWA
Top 10 Facts, WWF about Bees https://www.youtube.com/watch?v=1ziLEcU8pAQ
This is Why Bees are important, up to 2minutes 10 seconds
https://www.youtube.com/watch?v=Jzp6H8BAJ7o

Activity

1. Introduction (10 mins)
Show pictures of sunflowers and ask:

- What do plants need to grow?
- Have you seen bees on flowers?

2. Planting Activity (20–25 mins)

- Give each child a ‘No Lids Paper Cup’.
- have the children drink from the cup showing its reusable
- Fill with compost (about ¾ full)
- Plant 1–2 sunflower seeds (2 cm deep)
- Lightly water.
- Write name on cup using a pen.

3. Observation & Recording (Ongoing)

- Weekly measurements (height in cm)
- Draw plant growth stages.
- Keep a simple “plant diary”.

4. Discussion & Reflection (10 mins weekly)

- What changes do you see?
- Why do some plants grow faster?
- What happens if a plant doesn’t get water/light?

5. Plant the sunflowers in the school grounds or children can take them home.

Seasonal Vegetables Schools can grow along side sunflowers

- Radishes – fast-growing (great for quick results)
- Lettuce – easy and repeat harvest
- Carrots – fun underground growth discovery
- Green beans – visible climbing plants
- Spinach
- Garlic
- Courgettes

Create a Sunflower Highway

Use the seeds from the sunflower heads to create a sunflower highway across your community the following year. You can also give the seeds to the children to plant at home and to local businesses to plant..

A **Sunflower Highway** is a connected network of pollinator-friendly planting areas that allow bees and insects to safely travel between habitats.

A highway will:

- Support **local bee populations.**
- Increase **biodiversity in the community.**
- Connect **schools, homes, and green spaces.**
- Educate children on **climate and environmental action.**

Send children home with **extra seeds + instructions.**

"Plant your sunflowers and help build a highway for bees!"

Plant sunflowers:

- Along fences
- In front gardens
- In public spaces (with permission)

Link areas to form a visible "route" for pollinators
To strengthen the highway, mix in:

- Lavender
- Marigolds
- Cornflowers
- Nasturtiums

Why this project is powerful for schools:

- Builds strong school community links.
- Creates real habitats for wildlife.
- Cross curricular - Science, Geography, PSHE, Maths, Art
- Highly visual → great for school achievements, Eco-Schools, newsletters!

Plant Observation Diary

Name: _____

Date started: _____

Date	Height (cm)	Leaves	Notes & Observations

Draw a picture each time of how your sunflower looks.



PHOTO COPY ME!



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